



DHARMA OCEAN CANADA
presents
"Awakening and Embodying Love"

Spring 2012 Retreat with Tami Simon

Wednesday May 16 – Sunday May 20, 2012

**Hosted at Stowel Lake Farm
190 Reynolds Road, Salt Spring Island, BC**

We are delighted to welcome back Tami Simon, senior teacher and meditation instructor with Reggie Ray, cofounder and Spiritual Director of the Dharma Ocean Foundation. Tami will present meditation and bodywork practices on the theme of "Awakening and Embodying Love", at the beautiful Stowel Lake Farm on Salt Spring Island.

Registration and Program Information:

Arrival and Departure

Check-in: Wednesday 3:30 pm – 5:00 pm

Retreat ends by 12:00 pm on Sunday

Check-out: Check-out from Stowel Lake Farm is 1pm

For logistical reasons and to protect the quality of everyone's practice together, please commit to attending the full retreat.

Cost Per Person

Cost (includes accommodation (including HST), 3 meals per day, use of facilities, \$150 program fees):

Shared accommodation:	\$710.00
Private room	\$799.60
Couples	\$642.80
Camping on-site:	\$553.20
Commuting: meals	\$441.20
Commuting: no meals	\$262.00

Scholarships

We at Dharma Ocean Canada do our best to make meditation accessible to everyone, regardless of their financial means. As with past programs we have a limited number of scholarships to assist people who otherwise would be unable to attend. If that is your situation, then please contact the DOC Registrar at info@dharmaoceancanada.org for further information on applying for a scholarship.

Questions?

Some of the following information is from Stowel Lake Farm's website. For more about SLF, and some enticing photos, see www.stowellakefarm.com. If you have unanswered questions after reading the program information below, please do not hesitate to contact Dharma Ocean Canada by emailing info@dharmaoceancanada.org, and include your phone number so we can give you a call. (Please do not contact Stowel Lake Farm.)

Facilities & Accommodations

Stowel Lake Farm is a certified organic farm of 115 acres. A community of people live here who believe in good service and in living in harmony with our world and who offer educational classes and retreats in our beautiful setting which includes a large perennial garden, some greenhouses and many acres of fields and forest. The main buildings are the Gatehouse, which serves as the Meditation Hall, and a fully converted Barn which contains the kitchen, dining hall, yoga room and common sitting room.

Personal accommodations are provided in a variety of buildings, cottages, yurts, etc. – a few on the second floor level – and will be mostly shared with one or two others.

Rooms are assigned by the registrar before the beginning of the retreat, and we ask that you graciously accept the room you are assigned.

During late spring and summer retreats, there is space for about 16 people to camp.

Commuters: There will be a limited number of spaces for those who live in or are staying in the neighborhood. For minimal disruption to the retreat, it is important that all retreatants participate fully in the retreat, following the scheduled hours and activities. You are responsible for your own accommodation arrangements if you plan to commute.

Food

High quality, nutritious, balanced vegetarian meals are served during the retreat, using the organic vegetables grown on-site as much as possible. Almost all of the food served at the retreats is organic. When dairy products or wheat are served, alternatives are provided. If you require (as opposed to prefer) dietary restrictions, please note this when you apply.

Please note: the drinking water is wonderful and participants are discouraged from bringing disposable water bottles

Rota

Participants will also be assigned a daily job to assist with the running of the retreat. This work is a part of the practice and becomes work meditation. Jobs include helping with meal preparation and cleanup in the kitchen, housekeeping and grounds, and are given out at on-site registration.

What to Bring:

- * Outdoor walking shoes, slip-on shoes
- * Loose, comfortable, casual, layered clothing
- * Raingear, sunhats, sunglasses and sunscreen
- * Flashlight, earplugs
- * Your own towel & washcloth (the bedding – quilts & pillows – are supplied)
- * Checkbook or sufficient cash

There is an ample supply of:

Mats, blankets, bolsters, straps, cushions, zafus, bolsters, back jacks and chairs, but feel free to bring the following:

- * Your own meditation cushion/bench
- * Mat to put under your cushion (suitable for lying on during bodywork)
- * A shawl or blanket for extra comfort

In this beautiful setting of woods, trails and meadows, the main driveway is lighted at night, but not the camping area. There are no laundry facilities available. We have a number of spare zafus, yoga blankets, and chairs.

What Not to Bring

- * Cell phones, computers, iPods, beeper watches, clunky jewelry, rustly indoor clothing
- * Bedding is not required if have chosen in-house accommodation (but you may bring your own if you prefer)
- * In consideration of all participants, some of whom have severe allergies to scents, please do not wear scented personal care products to the retreat.

Travel with a vehicle

We advise that everyone plans their arrival and departure ferry times before the retreat. The ferries are busy throughout the year especially on weekends and holidays. If you are coming through Vancouver with a vehicle, we suggest making a reservation for the Long Harbour ferry. You can find the schedules on line at www.bcferries.com.

We are 5 minutes away from the Fulford ferry terminal and 30 minutes from the Long Harbour ferry terminal.

You will find the driving directions to the farm and other information on the [Stowel Lake Farm](#) website

Release of Liability

While, on the one hand, the Stowel Lake Farm and Dharma Ocean Canada hosts wish to contribute to wellbeing in the world, and the liberation from suffering of all beings, on the other, we accept that we live in a modern society with its various ills. Any litigation case would be devastating for any of the organizations hosting this retreat. We request you to sign a release of liability and waiver of claim when you register for this retreat. We thank you for your understanding and responsibility.

Registration and payment

To register, please send the completed form and letter of release (below) along with payment in full to the DOC Registrar at this address by Friday, April 25th:

Dharma Ocean Canada Registrar
7424 Prince Edward

Vancouver, BC V5X 3P9

Payment options are either by check or money order made payable to Dharma Ocean Canada. Once we receive and process your registration form and payment, a confirmation email will be sent to you.

If the retreat is full, your name will be placed on a waitlist in case we have any cancellations.

Cancellation policy

Please give us as much notice as possible if you need to cancel your place in the retreat, so that we can offer your place to another practitioner.

If you cancel prior to April 25, you will receive a full refund, minus a \$25 administration fee. Cancellations after April 25 will receive no refund, unless we are able to fill your place from a waiting list. No refund will be given for leaving the retreat early or arriving late.